

**Sanctuary  
Value Based Education**



**Semester -IV      Credits - 2**

**Subject Code:  
VBE42101**

**Lectures: 30**

**Course learning outcomes:**

At the end of this course, learners will be able to:

- Understand the role of values in their lives, personal behavior and social interactions.
- Demonstrate traits as proactive citizens and empathetic human beings.
- Develop a sense of diversity and co-existence.

**Course Content:**

**Unit 1: Character building through Values**

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- Moral values illustrated through the lives of the great heroes of humanity such as Discipline, Honesty and integrity, Ethical code of conduct, Compassion, Forgiveness, Service, Respect, Humility, Gratitude, Simplicity, Faith

**Unit 2: Inculcating Social Citizenship**

**9**

- Awareness of Human Rights
- Awareness of Environmental Issues

**Unit 3: Reverence for all religions and all forms of life**

**6**

- Lives of Saints of all religions
- Vegetarianism and love for all animals

**Unit 4: Life Skills**

**6**

- Self awareness, Meditation, Yoga, Stress Management, Anger Management, Decision making, Interpersonal relationships, cultivating positive thinking

**Recommended Books:**

- Vaswani J. P., 2002. Sadhu Vaswani, *His Life and Teachings*.
- Vaswani J.P., 2000, *Snacks for the Soul*
- Vaswani J.P., 2000, *More Snacks for the Soul*
- Krishna Kumari, 1998, *Life and Message of Dada J. P. Vaswani*
- T. L. Vaswani, 1971, *Awakeners of Humanity*
- East & West Series, monthly journal published by Sadhu Vaswani Mission

Board of Studies	Name	Signature
Chairperson	Dr. Vaishali Joshi	



St. Mira's College for Girls, Pune  
All S.Y Streams (2021-2024)

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Course Coordinator